

Aikido

Beginners Course

Six week introduction, Tues and Sun nights

Aikido principles are based on angles of direction where circular and spiral movements are used to redirect an opponents energy.

No strength is needed which makes Aikido suitable no matter your size or strength. Unlike other martial arts, Aikido does not involve competitions – you will learn the techniques through partner practice in a safe and controlled way. Beginners learn in small groups so advanced booking is advised. If you've made a resolution to get fit and exercise, what better way to get started.

Instruction and demonstration by fully qualified black belt instructors on...

Postures and stances - Distance and timing

Methods of attack - Breakfalls and rolls

Throws and immobilisations - Bokken (wooden sword)

Jo (wooden quarterstaff) - Tanto (knife defence)

You will also receive a beginners handbook containing a course syllabus, info on Iwama Aikido, dojo etiquette, grading structure and useful Japanese terms. You will also receive a 70 min. introduction DVD showing all the techniques included in the course. New material will be taught each Tuesdays with the opportunity to practice further on Sundays.



Age – Mainly 18+, (13+ please call)

When - Registration at 7.45pm

Class 8.00pm–9.30pm, Tue/Sun

Cost - £30 on registration

Where -

Killermont Parish Church Hall

Rannoch Drive, Bearsden

Glasgow, G61 2LD

Wear – loose clothing, jogging bottoms / Sweatshirt

Phone for info and bookings

Brian 07989 588 272

合気道

Develop...

- Self Defence
- Confidence
- Fitness
- Balance
- Posture
- Coordination
- Harmony

What to give your loved one for that special gift?

Gift Vouchers Available



For next course start dates and more info
www.allanderaikido.com

Allander Aikido Club

Member Of Takemusu Iwama Aikido Europe and British Aikido Board.